



Where healthy happens

Take time to focus on your well-being and find your healthy place each day with SmartHealth. Find support to help you manage stress, beat burnout, and make more time to focus on your personal well-being. Try the resources that resonate with you:

- **Well-being assessment** – Get a personalized health report in 10 minutes. It will also show you how to earn points and receive an incentive.
- **Challenges** – Join fun wellness challenges! Don't miss The Invitational Team Steps Challenge and Rethink Your Drink.
- **Community** – Join your peers in online conversations on topics like stress, sleep, and exercise.
- **Activities** – Join a variety of holistic well-being activities that are available throughout the year.
- **And more!**

Qualify for a wellness incentive in 2026

Qualify to receive a \$125 wellness incentive that is applied toward your 2026 medical plan deductible, or a one-time deposit into your health savings account (HSA) if you're enrolled in a UMP high-deductible health plan (HDHP). You can use that HSA money to cover co-payments for doctor's appointments, prescription glasses and much more.

Learn more about qualifying for the incentive at hca.wa.gov/sebb-smarthealth.

Register for SmartHealth or continue your journey at smarthealth.hca.wa.gov.